

Registration



Registration Steps

1. Log on to the Nebraska Cardiovascular Health Program web site at www.hhss.ne.gov/cvh
2. Open the **"Physical Activity and Nutrition"** page.
3. Click on **"ARF"**.
4. Click on **"Register Now"**.
5. Enter requested information.
6. You will receive an e-mail **verifying** your registration.
7. Within 10-14 business days, you will receive **coordinator materials** via mail.

The *Movement* begins
September 16, 2005.

*Registration for 2005-2006
available **June 1, 2005.***

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September 16, 2005!



www.hhss.ne.gov/cvh

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ARF

All Recreate on Fridays

What can YOU do
with 60 minutes
a day?



September 2005-May 2006

Be Part of the *Movement!*

Who should be involved?

- ✓ Preschoolers *New in 2005!
- ✓ Elementary & Middle School-Aged Youth
- ✓ Classroom Teachers, P.E. Teachers
- ✓ School Nurses, Coaches, Staff
- ✓ PTA/PTO Members
- ✓ Youth Organization Directors & Coordinators
- ✓ Recreation Program Directors & Coordinators
- ✓ Families
- ✓ Community Members
- ✓ Faith Organizations

All Recreate on Fridays is a *Movement* to encourage kids to be more physically active. Join the more than 12,000 youth across Nebraska who participated in 2004-2005!

Why is there a need for ARF?

Nebraska Data Reports:

1/3 Youth in K-12 is at risk for overweight or overweight

By the time a youth reaches high school:

Over 76% of youth do not engage in sufficient levels of moderate and vigorous activity

During an average school day, students spend more than 3½ hours watching television, playing video games, and using the computer for leisure



ARF Goals

- Get kids moving and have FUN doing it!
- Educate youth to be active through a variety of movements- at any time and in any place
- Create a social and physical environment that encourages and supports physical activity and healthy eating behaviors
- Provide an array of creative ideas that will support existing programs/activities to accumulate activity time
- Ultimately, prevent and reduce childhood obesity in Nebraska.

What can YOU do with 60 minutes a day?

The National Association for Sport and Physical Education (NASPE) has recommended youth accumulate "at least 60 minutes, up to several hours of physical activity per day."

Kids participating in ARF will aim to be active at least 60 minutes through school, family, and community activities every Friday.

Any combination of activity is encouraged!

For example:

- ◆ 20 minutes of P.E. plus 40 minutes of walking to and from school
- ◆ 60 minutes of soccer
- ◆ 15 minutes of playing tag at Girl Scouts plus 45 minutes of raking leaves

Organizations and individuals meeting the ARF goals will be eligible for awesome prizes!

